Join the Jefferson Manor Community Association!

Any residents of the Jefferson Manor subdivision over the age of 18 and non-resident owners of property in the Jefferson Manor subdivision are entitled to membership in the Jefferson Manor Citizens Association.

Membership dues are $20 per household ($10 for seniors (55+)) per calendar year.

Complete this form & mail with a check or money order to:

JMCA , P.O. Box 4104, Alexandria, VA 22303
Or visit: www.jeffersonmanor.org to pay online, and get a **color version** of this newsletter!

2016 Membership Form

Renewal - $20 New Member - $20 Seniors (55+) - $10

Name(s): _____

Address: _____

Email: _____

☐ I have included an additional $_____ as a donation to JMCA to help with the publication cost of Neighborhood News.

TOTAL ENCLOSED: $_____ Check/money order Cash

☐ I am willing to help deliver newsletters (once every other month).

I am interested in the following:

JMCA Website	Green Committee	Transportation Issues
Land Use Issues	Neighborhood Watch	Newsletter

We Want Your Household Waste!

from the Fairfax County Waste Management website

http://www.fairfaxcounty.gov/news2/we-want-your-household-hazardous-waste/

The website has comprehensive lists of what you can throw away, pour down the drain, or bring to the collection facilities.

Daily household hazardous waste disposal services at our two collections sites have been expanded, offering you a convenient way to remove dangerous, unused chemicals from your homes (it also helps keep harmful substances from entering the environment, such as cleaning products, inks and dyes, paint, products containing mercury, and other potentially harmful chemicals).

"Many homeowners don't understand the real dangers associated with the chemicals they keep under their sinks, in their pantries, or in their garages."

-Daniel Brooks, household hazardous waste program manager

In this issue:

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JMCA Membership ..... front page!

If you want to rid your home of household hazardous waste, then bring corrosive, ignitable, toxic, and reactive materials to permanent collection facilities located at the I-66 transfer station in Fairfax and the I-95 landfill complex in Lorton, any day of the week. There is no fee. From 2012 through 2015, they conducted four remote disposal events per year, but those events have been discontinued for 2016.

When and Where to Bring Hazardous Waste

I-66 Transfer Station:
Monday – Saturday: 8 a.m. – 4 p.m. Sunday: 9 a.m. – 4 p.m.
4618 West Ox Road, Fairfax, VA 22035

I-95 Landfill Complex:
Daily: 8 a.m. – 4 p.m.
9850 Furnace Road, Lorton, VA 22079

JMCA's Pets of the Month

Dog of the Month: Watson Hastings

Birthday: March 22, 2004
Eye color: Brown
Hair: Fawn and white
Likes: Greenies, gingersnaps, soft beds
Dislikes: Baths, trips to the vet, physical exertion

Watson moved to Jefferson Manor about a year ago with his humans, Sarah and Alex. He loves his backyard and walking around the neighborhood smelling all the other dog smells. Watson can generally be found lounging on his bed, waiting for his next meal, and keeping on eye on his new baby sister.

Cat of the Month: Millie Lupo

Birthday: August 11, 2009
Eye color: Blue
Hair: White, gray, brown and black
Likes: Crunchy snacks, boxes, snuggling on her terms
Dislikes: Coming inside, loud noises, sharing the bed

Millie moved into Jefferson Manor in August of 2013 when her former owner was overcome by allergies. She enjoys nothing more than a quiet afternoon sleeping on the porch and snacking on goldfish crackers. She can be found stealing all the warmths from the vents in her house, attacking tennis balls and popping out of boxes to surprise attack the other cats.

Does your pet have what it takes to be JMCA's Pet of the Month? All pets are welcome, not just cats and dogs! Submissions will be considered starting on the 1st of March through the 15th. Please send a high resolution photo and answer the questions above.

Submissions should be e-mailed to newsletter@jeffersonmanor.org

JMCA Calendar of Events 2015-2016

Put me on the fridge!

Feb 24th - Lee District Community Association Meeting: Ad-hoc police reform committee featuring Chief Roesseler. Franconia Government Center, 7:30pm.

March 30th - Lee District Community Association Meeting: County and FCPS budget hearing featuring Supervisor McKay, School Rep Tamara Kaufax and county budget staff. Franconia Government Center, 7:30pm.

April 3, 2016 – Egg Hunt and Spring Potluck

April 10, 2016 – Neighborhood Clean-up

April 27th - Lee District Community Association Meeting: FCPS School Superintendent Dr. Karen Garza. Franconia Government Center, 7:30pm.

April 30, 2016 – Neighborhood Tag Sale

May 22, 2016 – Al & Sandy Snyder Home & Garden Tour

May 25th - Lee District Community Association Meeting: Legislative update from Lee district Delegates and Senators. Franconia Government Center, 7:30pm.

June 12, 2016 – JMCA Picnic

August 2, 2016 - National Night Out Ice Cream Social

Important Phone Numbers

Police, Fire, Ambulance: **9-1-1**

Public Safety Non-Emergency: **703-691-2131**

Fairfax County Emergency Information: **703-817-7771**

VDOT (Virginia Department of Transportation): **1-800-FOR-ROAD (1-800-367-7623)**

Weather - National Weather Service Updates: **703-652-1210**

Washington Gas: **1-800-752-7520** or **703-750-1400**

Dominion Virginia Power: **1-866-DOM-HELP (1-866-366-4357)**

Sewer Breaks or Back-Ups: Department of Public Works and Environmental Services: **703-323-1211** or **703-250-2003**

Rising water that threatens your safety: **9-1-1**

Storm flooding during business hours (Monday-Friday, 7:30 a.m. to 4 p.m.): **703-877-2800**

After-hours storm flooding emergencies that are not life threatening: **703-323-1211**. State that you are reporting a storm sewer emergency.

Sanitary sewer flooding: **703-323-1211**

JMCA is a volunteer citizens group devoted to the betterment of the Jefferson Manor neighborhood.
Membership is $20 annually, paid at the membership meetings or to :

JMCA, P.O. Box 4104, Alexandria, VA 22303

JMCA membership is annual, from January to December.

For more information, visit: www.JeffersonManor.org or email us at: info@JeffersonManor.org.

JMCA Board Members - (3/2015–3/2016)

- Ashley Davis, President
  President@JeffersonManor.org
- Kathryn Floyd, Vice President
  VicePrez@JeffersonManor.org
- William McGrath, Treasurer
  Treasurer@JeffersonManor.org
- Wade Woolwine, Secretary
  Secretary@JeffersonManor.org
- John Holman, Director
- Jason Stern, Director
- Craig Mehall, Director
- Carla Murillo-Gonzalez, Director

JMCA General Contact Information

- Newsletter - newsletter@JeffersonManor.org
- Neighborhood Watch, Home Improvement Committee, Land Use Committee, Parents' Group, Social Committee, Transportation Committee, Website Committee can all be reached at

  info@JeffersonManor.org

The JMCA would like to announce that you may now support the Jefferson Manor Citizens Association with the convenience of Paypal! To pay your annual membership dues or to pay for advertisements in the bimonthly neighborhood newsletter, please visit www.JeffersonManor.org and click the Paypal button in the upper right corner.

La Asociacion de Ciudadanos de Jefferson Manor (JMCA) les comunica que ¡ahora se pueden hacer pagos convenientemente via PayPal! Para pagar su membresía anual, o si desea pagar por una publicidad en el boletín bimensual de nuestra comunidad, por favor visite www.JeffersonManor.org y haga clic en el botón Paypal en la esquina superior derecha.

The Editors' Pens

by Sarah Brunelle & Kyla Lupo

Dearest neighbors,

Please accept our most heartfelt apologies for not getting you our specially themed holiday newsletter. We work super hard to create an interesting and helpful newsletter 6 times a year. But sometimes life gets in the way! You can find the November/December 2015 newsletter online, complete with some great holiday recipes (we left some in this issue), a new yoga pose from Natalie and a great instructional article about using garlands instead of a Christmas tree.
Next year we promise to have a different timeline that will ensure you get a great newsletter, just in time for your holiday celebrations.

As we prepare this issue we have been watching our neighborhood dig out from Snowzilla. How wonderful it is to see everyone helping everyone; whether it's sidewalks and driveways, or creating sledding hills. From sleds to shovels to salt and sand, everyone is happy to share. This is what makes Jefferson Manor great, our true commitment to our neighborhood. And, of course, our excellent mini ski and sled resort!

On the Mat - Legs Up Against The Wall

by Natalie Arbuckle

The cold of winter is upon us when many of us hunker down in our homes and tend towards more sedentary activities. One way to counterbalance sitting or standing for long periods of time is to invert our bodies. When we invert our bodies, we can help ease headaches and swollen ankles.

Inversions can sound like a master yogi contortion, conjuring up head and handstands but there are other postures, also inversions, which offer the same benefit of reversing the normal blood flow from head to toe to toe to head which are more accessible to beginner yogis.

One of my favorite inversions is Legs Up Against The Wall Pose. This can be an invigorating yet calm way to wake up in the morning or a soothing pose to take after a long day or trip. Lying on our backs while inverted can help relieve lower back pain as well as flow blood to the upper half of the body. This pose is contraindicated for people with glaucoma, hypertension, and hernias.

Legs Up Against The Wall: Gently lie on the floor parallel to the wall with one side of your body about half an inch from the wall. As you inhale, sweep your legs up and shift your body such that your torso is perpendicular to the wall and your legs are resting against the wall. Allow your arms to open to either side of your body, palms facing up. Close your eyes and begin long, deep breathing. Stay in this position for 3 min or up to 20 min.

Connect with JMCA

Want to keep up to date with the latest JMCA news, goings' on, or want to let your neighbors get first dibs on that item your selling before it hits Craigslist? Join us at Yahoo Groups, Nextdoor.com, Facebook and on Twitter!

Yahoo Groups:

groups.yahoo.com/group

Search Jefferson Manor. This listserv is used to disseminate information to the community.

Nextdoor.com:
jeffersonmanorva.nextdoor.com/

Nextdoor lets us connect with each other and the neighborhoods around us.

Twitter:

Follow @JMCA22303 and access some of the twitter feeds of news sites and organizations that are important to Jefferson Manor residents.

Facebook:

Visit JMCA's group. Search Facebook groups for Jefferson Manor Citizens Association.

JMCA website:

www.jeffersonmanor.org

You can find updates on upcoming neighborhood events and news on this site, as well as a color version of this newsletter in PDF.

The Garden Plot

by Kay Floyd

originally published in November

Puppy Cash is savoring the last few warm bursts, sitting in the sunshine and sneaking bites of lettuce as often as he can. During the summer, he learned to recognize ripe cherry tomatoes, and request his fair share.

Following our minor defeat to the crab grass, we set out to reseed portions of the yard. Turns out aeration machines are really heavy. After learning that I would have to drive to a far-away Home Depot to rent the machine, load and unload 278 pounds in my car, use said 278 pound machine, then load and unload 278 pounds back at the store all for the low low price of $62 for four hours, I looked into alternatives. As luck would have it, you can hire Scott's to come and only aerate for $82.50. I wanted to pick out my own organic fertilizer and seed, keeping things as organic as possible. They were great, and fast, and didn't give me a hernia. We next applied said fertilizer and grass seed, patching some portions. It is looking lush, and our final step is to apply compost tea. We have some Bermuda grass sneaking in, but I might live with that (don't tell Mike Arnold, unless he wants to pull the grass out for me).

The front landscaping is done, but hidden until later in winter, spring, and summer. We are experimenting with Double Daffodil Erlicheer, Double Daffodil Sir Winston Churchill, Jeanne d'Arc crocus, giant snowdrops, Anemone hybrida 'Honorine Jobert', Ranunculus asiaticus (white, red, yellow, and orange), Mount Everest and Gladiator Allium, and Chrysanthus Romance Crocus. According to resident plant expert Nate Erwin, daffodil bulbs are poisonous to squirrels and other things that might dig up your garden. We're trying to plant daffodils among other bulbs we wish to keep safe. Let's see! So far squirrels are bold in our yard, trying to come into our kitchen, and generally screeching at Cash, who does absolutely nothing in response.

With the cold in the air, we're holding off pulling the last viable plants until the last possible second. The lemon grass is destined for bloody marys, if we can remember to cut it before freezing temperatures. Any unblossomed rose buds can also be dried, if you cut these before it is too late. The eggplant and peppers are still producing, as are a few cherry tomatoes. Batches of herbs are coming inside or being dried: stop by if you would like some parsley! Swiss Chard was transplanted to come indoors, along with the seedling shishito peppers I started much too late. Carrots are snug in the ground, and we harvest as we need. A great cheap find: the bright red Salvia we planted in May is still creating lovely flowers. I will put much more of this in the garden next spring for the hummingbirds (to be clear, I've only ever seen two in our yard and it wasn't at the feeder. What do I have to do to win their affection?!) The poinsettia from two years ago (refuses to die) will come back inside, as will the lemon plant we are babysitting.

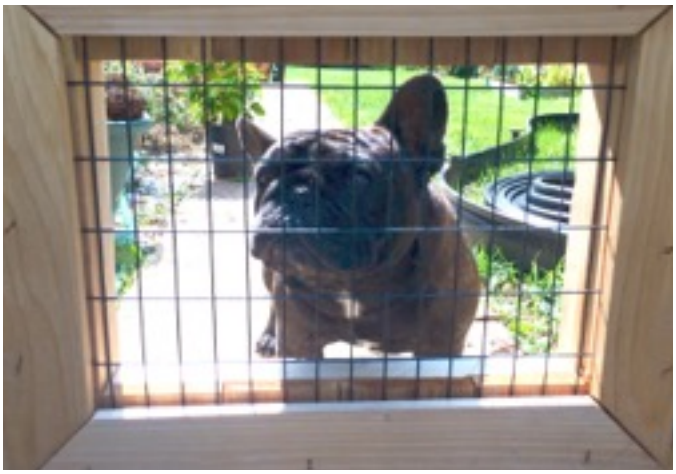
continued on page 8

The Garden Plot, continued from page 7

We applied a round of Bonide Liquid Copper Fungicide to ward off the black spot, powdery mildew, and other common diseases as our plants go into a winter sleep and prepare their buds. I am loving their products that are suitable for organic gardening. Don't forget to take your mums out of the planters and put them in the ground. They will die back and miraculously reemerge after your summer plants are done, just in time for next fall!

What to do about the leaves? According to the National Wildlife Federation, we have a few viable options. One philosophy is to do nothing, and allow these to naturally decompose, provided you chop them with a mulching mower. Or, rake the leaves off the lawn and put in your garden beds as mulch (shredding optional). Let your leaf piles decompose – this will amend your soil and improve it. Make compost by mixing with your grass clippings and other green material (we keep a stainless steel bucket next to the sink for veggie scraps), keeping it moist and well mixed. Lastly, share these with your neighbors who are composting! I have a source, if you'd like to know where to drop. Cash and I will be sharing our leaves with this wonderful neighbor, and putting some into our mulch beds.

Cash will keep you updated on what makes it through the winter. It's the last time we're going to baby the cold hardy gardenias. They break my southern heart every year. If these don't make it, we're switching over to rosemary and lavender for year-round interest. Provence Lavender (available somewhat later in the spring/early summer from Holly, Woods and Vines) has been the standout winner in our garden. I look forward to it being huge, and keeping Cash from eating it. Stay warm neighbors!



The Welcome Wagon

Help us welcome new neighbors to our community by joining the Welcome Wagon Committee! We brainstorm awesome items to put in the basket, involve local businesses, and help new neighbors make their house a home. To join the Welcome Wagon Committee or let us know you just moved in, please email VicePrez@JeffersonManor.org.

The Gardening Club

Do you have a green thumb? Do you kill every plant you touch? Whether you like digging in the dirt or listening to people talk about their gardens, our new gardening club is for you. We'll meet about once a month at different houses for a social gathering, share tidbits and tips (and extra produce), and invite members to volunteer at the JMCA sign a few times a year. Please email VicePrez@JeffersonManor.org.

From the President

Dear Neighbors,

Happy New Year! I was planning to write that I hoped community involvement was one of your resolutions, but after the blizzard this weekend I realize I don't need to ask. The number of neighbors who stepped forward to help each other by shoveling a sidewalk, digging out a car, feeding an animal, and hosting a game night was overwhelming. There is a Fairfax County Facebook page that was encouraging neighbors to help each other. The comments were bleak. People bemoaned the loss of community and neighbors helping neighbors – I was so happy to post that we, Jefferson Manor, embody that kind of good-spirit and camaraderie. Thank you.

In that spirit, JMCA Board elections are in March, and we have a spot open on the Board. If you are interested, contact an existing Board member. We also need volunteers for the community events coming up this spring and summer.

It is also time to renew your membership in JMCA. If you are new to the neighborhood, have never joined, or simply wonder where your $20 dues go, your dues fund JMCA hosted events like the Fall Festival (this year featuring a neighborhood band), our annual Holiday Party, Egg Hunt and Spring Potluck, Earth Day Clean-up, the neighborhood tag sale, the annual Home & Garden Tour, Summer Picnic, and National Night Out Ice Cream Social; this newsletter; our website; maintenance of our sign and the surrounding landscaping.

We hope you have enjoyed some, if not all of these and are willing to contribute by either clicking on the PayPal link on the website or mailing in a check for $20. You can find the form and more details on the front page of this newsletter!

Happy New Year! And thank you for making this neighborhood a great place to live.

Ashley Davis
JMCA President

The Neighborhood News is published 6 times a year by volunteers in your community. The newsletter operates on advertising and the generous hours donated by neighbors like you. If you would like to submit articles, volunteer time or advertise in the News, **please e-mail newsletter@jeffersonmanor.org**

Deadlines for submissions are the 15th of September, November, January, March, May and July for publication the following month.

Advertising Pricing

per issue

Full page: $210
1/2 page: $110
1/4 page: $60
1/8 page: $35

Questions?

newsletter@JeffersonManor.org

The JMCA does not endorse or verify the quality of service provided by advertisers in this newsletter.

Mount Eagle PTO Update

by Tia Colvin

Last year was very successful for the PTO. As a result, for the 2015-16 school year we were able to increase our field trip donation to Mount Eagle from $4000 up to $5000, which is approximately $12.50 per student. We would love to continue to increase this donation amount every year! Largely as a result of this increased donation, the 4th grade visited Jamestown in November. Studies of the Jamestown Settlement are part of the standards of learning for 4th grade history education in Virginia. However, due to the distance being too far for a standard school bus, a field trip there had never before been economically feasible. The students and teachers were very excited for this opportunity, and we hope that it will become an annual tradition for the 4th grade going forward.

On December 17th, the PTO helped coordinate Mount Eagle's second annual Science Night. This year the school was chosen to receive a free family science night from the Children's Science Center. Students and their families attended this free event and increased their understanding of STEM (Science, Technology, Engineering and Math) through fun, hands-on activities. Many thanks to our neighbors who helped volunteer at this event!

On March 11th, the PTO will hold its annual Multicultural Night at the school. This is a community event, so we hope our neighbors will participate and attend! Bring the whole family and come to share food, songs, dances, and other traditions with other families in the school and local community. If you would like to cook a dish, or present another tradition, from your ancestral country or culture, please contact the PTO at mteaglepto@gmail.com.

Finally, we remind our neighbors that we are always accepting donations to help the students of Mount Eagle. Donations can be made via PayPal on our website at http://mounteagle.my-pto.org/ or by check payable to Mount Eagle PTO and delivered or mailed to Mount Eagle Elementary School, 6116 N. Kings Hwy., Alexandria, VA 22303. The Mount Eagle PTO is an IRS registered 501(c)3 non-profit organization, and all donations are tax deductible. Thank for your continued support!

Help with the FCPS Budget Crisis

Last week Superintendent Dr. Karen Garza proposed a budget to the School Board that for the first time in nine years includes no cuts! Budget priorities are lowering elementary school class sizes and compensating teachers and school staff. This is a very positive step in reinvesting in our schools.
However, voices of parents and community members are more vital than ever -- we need to PROTECT THIS BUDGET as it goes through the budget process.
We urge our neighbors to send letters to County Board of Supervisors and State officials. The more individuals that send letters in support of FCPS, the louder our voice.
Visit http://cqrcengage.com/IamFCPS/home for more information and to find a fillable form to send emails to the Board.

Recipe Extravaganza!

Texas Trash

3 cups corn chex
3 cups rice chex
3 cups cheerios
2 cups pretzel sticks
2 cups Spanish peanuts
1 ½ sticks butter
4 tablespoons Worcestershire sauce
1 ¾ teaspoon seasoned salt
1 tablespoon garlic powder
¾ teaspoon onion powder

Melt butter in small pan. Add the Worcestershire sauce, garlic powder, and onion powder. Stir well.

Meanwhile, mix cereals, pretzel sticks, and peanuts in a large roasting pan.

Pour butter mixture over cereal mixture and mix well. Cook for 1 hour in 250 degree oven, stirring every 15 minutes.

From Sarah Hastings

Floyd Family White Chili

1 Tablespoon olive oil
1 cup chicken broth
Cubed chicken breast - cube before cooking (as much as you like)
1 chopped onion
1 - 4 oz can chopped green chilis
1 teaspoon garlic powder
2 teaspoons ground cumin
1 teaspoon crushed oregano leaves
1/2 teaspoon red pepper
3 cans Great Northern beans
After cooking - cheese of your choice and sour cream

Prepare in stock pot (or other large pot).

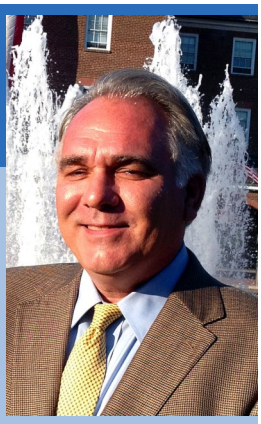
Cook chicken in oil 4-5 minutes until done.
Remove from pot with slotted spoon, keep warm (put on a plate covered/wrapped in foil)
Add onion to oil - cook 2-3 minutes
Stir in broth and all ingredients except chicken, beans, cheese and sour cream.
Bring to a boil then reduce heat and simmer 30 minutes.
After simmer, stir in beans and chicken (do not drain beans, unless making a large batch and then drain about half of the can juices)
Simmer 10 minutes longer.

Serve topped with cheese and sour cream.

From Kay Floyd, 2015 winner of the JMCA Annual Chili Competition

COLDWELL BANKER RESIDENTIAL BROKERAGE

JEFFERSON MANOR REAL ESTATE MARKET REPORT: WINTER 2016



Status	Address	BR	BA	Listed $	Sold $	Settlement
Sold	2844 Fairhaven	3	2	349000	349000	12/15/2015
Sold	5929 Monticello	2	2	$440000	$440000	12/03/2015
Sold	2709 Jefferson	3	2	$450000	$452000	11/13/2015
Sold	2708 Farmington	3	2	$410000	$410000	10/30/2015
Sold	2853 Fairhaven	3	2	$410000	$407000	9/29/2015
Sold	5851 Monticello	3	2	$455000	$455000	9/22/2015
Sold	5851 Albemarle	2	1	$350000	$350000	9/14/2015

Remember whether you're buying, selling, or renting - Tom moves Jeff Manor

Let me put my 25 years of experience to work for you!

Tom Rickert your Resident Realtor Associate Broker & Prop. Manager

Tom's Jeff Manor Track Record:

JM Assisted Sellers	=	142
JM Assisted Buyers	=	46
JM Assisted Landlords	=	51
JM Assisted Renters	=	41
Tom's Jeff Manor Total	=	280

Email TomGRickert@gmail.com phone 703-447-7901
website HuntingtonMetroHomes.com

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